

SPRING & SUMMER



COUNTY OF LACOMBE COMMUNITY ACTIVITY GUIDE 2023

www.clla.com



Kraay

Family Farm



Your destination for world famous adventures and farmtastic fun all season long. Only 5 minutes West of Lacombe.

OVER 40+

ACTIVITIES & ATTRACTIONS

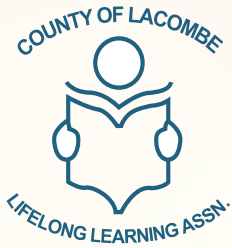


KRAAYFAMILYFARM.COM

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COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

5230 45th St. | (403)782-7955
 Lacombe | office@c1lla.com
 Centre Mall | www.c1lla.com

Staff:
Dani Ducross,
 Executive Director

Laura Tory,
 Computer Program
Jacqueline Sinclair
 Adult Literacy Coordinator

CLLLA is a non-profit society

The County of Lacombe Lifelong Learning Association (CLLLA) is a non-profit society that is one of over 80 Adult Learning Programs throughout Alberta. We are funded by the Alberta Government and supplemented by advertising revenue from the Don't Hibernate and from programming fees.

CLLLA is governed by a volunteer board of directors and a list of current board members is available on our website at www.c1lla.com. The mandate of CLLLA is to provide adult learning opportunities in the areas of:

- Literacy And Essential Foundational Skills
- English Language Learning
- Employment Enhancement
- Community Capacity Enhancement

About the Don't Hibernate Brochure

First published in 1975, the Community course and Activity is compiled 3 X year in order to provide a FREE, comprehensive resource of information on programs, events, activities, businesses, and services for the County of Lacombe. We distribute guides in August for September-December, in December for January- April and in April for May- August.

Copies are distributed through Canada Post and are made available at a variety of community locations in every town and City throughout the County of Lacombe. It can also be found on our website at www.c1lla.com

This service is provided to the County of Lacombe for FREE thanks to the advertising revenue from contributing participants in the brochure.

DON'T HIBERNATE ADVERTISING RATES

IMAGE SIZE	REGULAR RATE
FULL PAGE 7 x 9 ³ / ₄ "	\$375.00
1/2 PAGE VERTICAL 3 ³ / ₈ x 9 ³ / ₄ "	\$280.00
1/2 PAGE HORIZONTAL 7 x 4 ³ / ₄ "	\$280.00
1/4 PAGE VERTICAL 3 ³ / ₈ x 4 ³ / ₄ "	\$150.00
1/4 PAGE HORIZONTAL 7 x 2 1/4"	\$150.00

Nonprofit memberships are \$30 and offer a 20% discount on advertising and 10% discount on first aid and computer courses.

For more information contact the CLLLA office.

AD SPACE DEADLINE:

Ad reservation deadline for the
FALL (Sept.- Dec.)

2023 Don't Hibernate is:

Friday | Aug. 4, 2023

Delivered the week of Aug. 21, 2023





- Highly anticipated publication
- Distributed by Canada Post throughout the County of Lacombe
- Maintained in communities for 4 months!!!
- Excellent resource for community information
- Provides funds to support necessary adult learning opportunities

PROMOTE YOUR:

- Home based businesses
- Community programs and events
- Appreciation ads
- Annual events and activities
- Sporting schedules
- Registration dates and deadlines
- Volunteer requests
- Contests & Surveys



CONSIDER THIS...

Not everyone is connected to the internet- this resource provides a connection to the community for those not able to easily access online information.

**Please consider advertising in the
County of Lacombe
Community Course and Activity Guide.**

~It just makes sense!!~

P: (403)782-7955 E: office@cllla.com

CLASSES for May-Aug 2023

Most of our classes are offered in-class or online
PRE-REGISTRATION IS REQUIRED

Computers Q&A:

This class is offered to provide an opportunity for individuals to come and ask common computer questions.

Must book info an appointment

Lacombe: Every
Tuesday **AND** Thursday
10am-12pm.

Eckville:
Thursdays 1-3pm
**Alix, Mirror, Clive,
Blackfalds and**

Bentley upon request.

COST:: \$5/ session



Red Cross First Aid:
Please call for more
information on upcoming
dates.

GED- Preparation Program



Ongoing start
times.
PRE-assessment
required
Please contact us
for details.



Adult Tutoring:

Math/ Reading/ Writing

individualized programs to help improve your ability and confidence in a variety of areas. Please call to set up a **personalized** program.

WHEN: start anytime- in person or online delivery.

Reading Program-A bit rusty? improve your reading speed, comprehension and fluency

Math Skills Program – Need better Math for work? Call us to work on your Addition and Subtraction/ multiplication and division – other math concepts can be included

Spelling Improvement Program- How do you spell that? improve your spelling skills

Grammar Review Program- Write it right!: work on correcting poor grammar

Basic Budgeting: How much did I spend!! Learn skills for basic personal budgeting.

Register early so we know you are interested~ no payment required to register (403)782-7955



Basic Office Skills Program:

This course will instruct participants in the development of standard skills for working in an office environment.

Classes include basic computer skills, Microsoft Word & Excel, emailing, customer service, basic bookkeeping, Quickbooks OR Sage accounting training etc.

Please call if interested

WHEN: start anytime- Course completion will depend on your availability. Approx. time required is 12 weeks.

COST: \$1000 (\$200 required at course start- remaining can be paid in payments)

please note this is not a credited program, upon successful completion, participants will receive a certificate of completion and a letter of reference

Beginner ASL :

Learn to communicate in

American Sign Language

This is a 6 week introductory course.

WHEN: Start Tues May 16, 6:30-8pm

COST: \$150- includes text book



Excel Basics:

Learn the basics of using a program for spreadsheets-ex. google sheets or excel.

WHEN: Tues. May 9&16 1-3pm
or T-T June 6&8: 6-8pm

COST: \$50



PowerPoint Basics:

Learn to use PowerPoint to build a simple presentation from start to finish. Basic

computer skills are required.

WHEN: Weds. May 10&17 1-3pm OR
M-W June 12&14 6-8pm

COST: \$50



Word Basics:

Learn the basics of using word to create documents on the computer

WHEN: Thurs. May 11&18, 1-3pm OR
T-T June 20&22, 6-8pm

COST: \$50



Basic Bookkeeping (Manual): (5 classes)

Learn the basics of bookkeeping and

accounting principles.

All materials provided (bring your own calculator if desired)

WHEN:

Thurs. May 11- June 8, 6:30-8:30pm OR
Weds May 17- June 14, 1-3pm

COST: \$200

Register early so we know you are interested~ no payment required to register (403)782-7955

TO REGISTER: CALL (403)782-7955 OR EMAIL: OFFICE@CLLLA.COM OR REGISTER ONLINE AT WWW.CLLLA.COM
ADDITIONAL CLASS DATES MAY BE AVAILABLE- CALL TO FIND OUT!

Positive Thinking Series:



Join us for reflection on ways to stay positive during our hectic day to day lives: *NOT RELIGIOUS BASED*. Some topics included are

Gratitude, Self-Acceptance, Forgiveness/Letting go, and Procrastination.

WHEN: Mon May 1-8 1:30-3pm OR Sat. May 27, 9-12

Cost: \$20

Goal Setting Workshop:

This workshop will explore how to set achievable goals and implement strategies to accomplish them.

WHEN: May 15-22 1:30-3pm OR Sat. May 27, 12:30-3:30

COST: \$20



Relationship Communication Class:



Based on the principles of the 5 Love Languages explore practical tools that will enhance your

communications skills with loved ones. The instructors: Rick and Linda Graber.

WHEN: Sat. June 3: 1-5pm

COST: \$60/couple



Lets Get Saucy!

Learn the basics to making your own BBQ and dipping sauces, marinades and salad

dressings.

WHEN: Fri. May 26, 6-8pm OR Sat. May 27, 4-6pm

COST: \$30

Nature Wreaths:

Join us Mother Day weekend to make a "wreath" made from natural and store bought supplies. All materials included.

WHEN: Sat. May 13, 10-12

COST: \$25/pp



End of Life Planning:

This information session will discuss what to consider in regards to death including funeral costs, burial/cremation, legal documents, wills and wishes etc.

WHEN: Sat. June 10: 10am- 12pm

COST: \$10



Beginner Hiking Training:

This class will help improve your ability to go up inclines, navigate back down and increase your endurance.

WHEN: Thurs. May 11- June 1, 6-7pm

COST: \$25



Nutrition Basics

Learn about the terms used when discussing nutrition, and get

suggestions for healthy meal preparation.

These are a talk and taste set of classes.

Pre-registration required

WHEN: Fri. May 12-19, 1-3pm or 6-8pm

COST: \$40

Register early so we know you are interested~ no payment required to register (403)782-7955

Computer & Technology Training

Please call to register: (403)782-7955 or e-mail: office@cilla.com

Classes are held at the County of Lacombe Lifelong Learning Association office located in the Lacombe Centre Mall 5230 45th St.



COMPUTERS WITH LAURA:

OFFERED IN PERSON OR VIA ZOOM

Jan- June 2023

Do you have a computer or device question?

CALL TO BOOK A 30 MIN SPACE:

Tues or Thurs 10-12

Tues 6:30-8:30pm

\$5.00

(403)782-7955

Learn to use the Computer Classes: These are recommended for anyone not comfortable with computers

WHEN: call anytime to get started

STAYING CONNECTED

Learn to use the basics of:

Zoom, Facetime, Google Meet, Skype, Team meets, FACEBOOK, Instagram



WHEN: call to set up a tutoring session anytime!

COST: \$20/2hrs session

Computer Basics:

4 Session program to teach you the basics of using computers. Approx.. 8 hrs

COST: \$60

Using the Keyboard and mouse::

COST: \$10 (1hr)

Typing Practice:

COST: \$20 unlimited access for 2 months

Downloading and Saving Pictures

Learn to download your pictures and some ways to keep them organized and safe

COST: \$20 (2hrs)

Cleaning your computer

Learn basic computer maintenance to clean up your computer

COST: \$20 (2hrs)

Using Your phone/tablet:

COST: \$20 (2hrs)

CLLA ~ SELF PACED PROGRAMS ~ Jan-June 2023

INDEPENDENT STUDY WITH ACCESS TO INSTRUCTOR DURING

COMPUTER LAB HOURS: TUES. 10-12 & 6:30-8:30PM & THUR 10-12

PRE-BOOK A SPACE (403)782-7955 office@cilla.com



Learn at your own pace and in your own space.
Support available by phone or in person during computer lab hours.
Please call us or send us an email if you have any questions.

Microsoft Access \$180.
Microsoft Outlook \$180.
Microsoft OneNote \$180
Microsoft Publisher \$180.



Microsoft PowerPoint \$180.	Microsoft Word CORE \$350 MS Word Expert \$180	Microsoft Excel CORE \$350 MS Excel Expert \$180
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SELF PACED ACCOUNTING SOFTWARE TRAINING

basic bookkeeping skills recommended

SAGE 50: \$350

QUICKBOOKS: \$350

COUNTY OF LACOMBE

ADULT LITERACY PROGRAM

☎ (403)782-7955
📍 5230 45th St. LAcombe AB
Lacombe Centre Mall
✉ office@cilla.com
🌐 www.cilla.com

NEED SOME HELP?

Ask us about our one-on-one and small group classes programs for numeracy and literacy for adults .

MATH:

We can help with math skills required for day to day living, work and pre-ged /trade programs

READING:

We can help with reading difficulties for adults .

WRITING:

If you need help with spelling or writing structure/grammar we can set up a program for you

ENGLISH LANGUAGE LEARNING

English Language Classes.

Please call us to find out what classes we have for you.

Tutoring is also available for all levels.

Assessment needed for ALL student for placement in class- please call to set up an appointment.

Programming is for ADULTS 18+
NO DROP-INS ACCEPTED TO CLASSES

FALL CLASSES

SEPTEMBER- DECEMBER '23

Session 1: Sept. 18 2023

Register by Wed. Sept. 13

CLASS INFORMATION:

classes are 2x/week/ 2hrs

CONTENT INCLUDES:

- Conversation
- Vocabulary
- Reading and Writing
- Grammar



Volunteer Opportunity:

WE ARE **ALWAYS** LOOKING FOR
VOLUNTEER TUTORS



training provided ~flexible schedule~
rewarding experience

NEW FUTURES PROGRAMS 2023



Programs designed to help with changing or obtaining employment. Offered through partnership with Academic Express.

Week Long Career Transitional Workshops

Please call for more information on content.

NOTHING
CHANGES
if
NOTHING
CHANGES

WHEN: Mon- Fri 9-4

UPCOMING sessions start-

May.8, June 12, July 17. Aug 14

COST: FREE- pre- registration is required by the Friday before each session

Monday Evening Program:5-8pm

Resume and Cover Letter Development

May 15&29, or July 17&18, 2023

Interview Skills and Social Media

June 19&26, or August 21&22 2023



**CALL (403)782-7955 or
e-mail office@cilla.com to register**

43rd Annual Lacombe

Active Living Fair

Community Registration Night

Wednesday, September 13th, 2023

4:00 to 7:30 pm

Lacombe Memorial Centre 5214-50 Avenue
Community Group Displays & Program Registrations
Find out what's happening in the City & County of Lacombe!



Interested in booking a table?

Table fee: \$20



**Call 403.782.7955 or email
office@cilla.com**



Find information on activities for the whole family.

Sports, Art, Groups. Clubs and lots of other options to stay mentally and physically active~ Sponsored by City of Lacombe



Deadline to book a table is:
Friday September 8th

FINE ARTS CLUB

Preschool Aged Children 2-5 yrs

DANCE | YOGA | FITNESS | MUSIC | ART | DRAMA



★ Lacombe ★

Mon/Weds 9-11am

Mon/Weds 12:30-2:30pm

★ Blackfalds ★

Tues/Thurs 9-11am

Tues/Thurs- 12:30-2:30pm

New Season Sept 2023

\$120/mth

\$25 Registration Fee

An amazing program to get children "School Ready"



Dancer's
EDGE STUDIO LTD

JOIN US
July
14-16

Hello
Summer

LACOMBE DAYS

info@lacombedays.ca

CARE
FOR NEWCOMERS

New to Canada?

Want to increase your awareness or learn how to support newcomers?

CARE for Newcomers is proud to offer settlement support and public awareness programming throughout Central Alberta.

CONNECT TO YOUR COMMUNITY
ASK QUESTIONS
GET SUPPORT
FIND RESOURCES

regionalsettlement@carefornewcomers.ca
403-318-1706 call/text/WhatsApp

www.carefornewcomers.ca

Funded by: Immigration, Refugees and Citizenship Canada

Financé par: Immigration, Réfugiés et Citoyenneté Canada



Kin Canada

Lacombe Kinsmen Club

The Lacombe Kinsmen Club is a community service club dedicated to serving the needs of Lacombe and the surrounding area.

Club meetings are on the second and fourth Friday of each month from September through June at the Lacombe Royal Canadian Legion Hall (5138 - 49 St., Lacombe)

New members are always welcome!

If you are interested in helping the community while having a good time, you've come to the right place!

Talk to any one of our members or go to www.lacombekinsmen.ca to learn more!

Upcoming Events

**Jon Dolman
Memorial Golf Classic**
June 2, 2023

Diamonds In The Sky
October 24th 2023

Santa's Anonymous
Nov-Dec 2023

Spring Charity Auction
2024

***Serving the Community's
Greatest Need***

'23 PROGRAMS

MESSY CHURCH

Food – Faith – Fun – Family.

Join us on the first Friday each month, starting in September, for a relaxed style of church service that involves creativity, celebration, and hospitality.

First Friday of the month 5-7 p.m.

VACATION BIBLE SCHOOL

St. Andrew's will once again be hosting a Vacation Bible School program this summer which will run the week of August 21.

Children from ages 4 to 11 learn stories from the Bible throughcrafts, story telling, and music.

SUNDAY SERVICE

Join us for faith exploration for all ages followed by fellowship.

Sundays at 10:30am



**St. Andrew's
United Church**

*Together on the Journey,
Loving God and Neighbour*

**For more information,
please contact us**

Tel: (403) 782-3148

office@lacombeunitedchurch.ca

5226-51 Avenue Lacombe, AB



2 LOCATIONS TO SERVE YOU.

DOWNTOWN

5018 50 AVE
LACOMBE, AB
403-782-7357

BIKE SHOP

#20, 7102 52 ST
LACOMBE, AB
403-786-9229



REDS
SOURCE
FOR SPORTS™



sourceforsports.ca

**2023
SEASON**

**LACOKA
MINOR LACROSSE**

**FIELD
LACROSSE
JUNE-AUG**

**BOX
LACROSSE
MAY-JUNE**

GATORS

**CONTACT US
FOR MORE
INFO**

VISIT WWW.LACOKALACROSSE.COM

**Youth Drop-Ins @
the Lacombe Youth Centre**

**Now hiring a Lacombe
Family Engagement worker
(Stepping Stones).
Apply using the QR code or the
website below.**

www.CAYU.ca | 403.789.2298 | info@cayu.ca

“ENGAGE. INSPIRE. INNOVATE.”

The Action Group is a registered non-profit organization that provides a variety of community support programs in Lacombe and throughout Central Alberta. The Agency was founded in 1976 and has been going strong for over forty years.

The Action Group operates with a Board of Directors through funding provided by various government departments, fundraising and donations.

Services to People with Developmental Disabilities:

Residential Services
Community Access
Ponoka Enhanced Housing
Outreach Services Learning Circle
Employment Support Services
Gateway Pre-employment Program
Family Services for Children with Disabilities

Lacombe Office

4 Iron Wolf Blvd.
Lacombe, AB, T4L 2K6
Phone (403) 782-5531
Fax (403) 782-7073

Red Deer Office

4620 48th Ave
Red Deer Alberta
Phone (403) 358-7816
Fax (403) 348-0043

Stettler Office

4804-50th St.
Stettler AB
Phone (403)-743-0198

Castaways

A huge selection of gently used clothing, furniture and household goods.

4420 Heritage Way
Lacombe, AB, T4L 2K1
Phone (403) 782-1456

“Lacombe’s Favourite Thrift Store!”

Lacombe & District Employment Service Centre

A full service employment centre in the Lacombe Centre Mall. Offering labour market expertise and support to job seeking Albertans and local employers. If you are looking for a job, we can help.

Office Location

Bay 16, 5230 45th Street
Lacombe, Alberta, T4L 2A1

Phone: (403) 786-0044 Fax: (403) 786-0014

Looking for part-time/ weekend employment??

CONSIDER A CAREER WITH THE ACTION GROUP

Looking for dedicated and talented people to join our dynamic team of professionals.

TRAINING PROVIDED

Please email your resume to our Human Resources department at:
recruitment@action-group.org

Please check out our website at www.action-group.ca

LACOMBE EMPLOYMENT CENTRE

It's simple.
It's free.

We Are OPEN
8:30am - 4:30pm
Monday to
Friday

- ◆ Resume, cover letter, and online application assistance
- ◆ Onboarding, online training, educational planning
- ◆ Job board, computers, printer, fax, and telephone for job search
- ◆ Career planning, labour market, and training information
- ◆ Community resources , employment standards, and referrals
- ◆ Employer connections and informational events
- ◆ Space for employers to conduct on-the-spot interviews



Visit Us www.lacombeemployment.com
Bay 16, 5230 45 Street, Lacombe Centre Mall

403.786.0044





Opportunity awaits at Western Canada's leading precast concrete design - manufacture - build company.

We offer permanent, full - time, year round work, with guaranteed Sundays off.

Are you eager to succeed in a fast - paced environment? Learn more and apply at [eaglebuilders.ca/careers!](http://eaglebuilders.ca/careers)



We are hiring!

Seeking caregivers to provide daily living support to children and adults with developmental disabilities

Casual, part-time, and full-time shifts available for days, evenings and overnights



Visit www.parklandclass.org to apply!

 **hear right canada**

Quality Hearing Care for Less

Hearing aids

Access to quality hearing care at low prices.

Caring for your hearing is our priority!



HEAR MORE

SPEND LESS



**Locally Owned
and Operated**

**Evening &
Saturday
appointments
available**

(825) 640-2014

**5230-45 Street,
Lacombe AB**

(located in the Lacombe Centre
Mall near Peavey Mart)

**Monday to Friday:
8:30 am-4:30 pm**

Open up your world of hearing with everyday lower pricing



**Complimentary Full
Hearing Evaluation
and Report**



**Care & Maintenance
of your Hearing
Instruments**



**Cerumen (Wax)
Management**



**Insurance & Service
Provider**

COMMUNITY FIT PHYSIOTHERAPY CLINIC & SPORTS INJURY REHABILITATION

LOCATION: Bay-4, 5265, 45th Street, Lacombe, AB- T4L 2A2.

Phone: 1(403)786-9777 Fax: 1(403)786-9559



email: communityfit_ptc@yahoo.com

www.communityfitpt.com

SERVICES OFFERED

- * Shockwave Therapy
- * Dry Needling / IMS
- * WCB Injuries
- * MVA Injuries
- * Gait Scan Analysis and Orthotic Assessment Trained
- * Manual Therapy
- * Concussion Management & Advanced Vestibular Rehabilitation
- * Active Release Techniques (ART) / Myofascial Release
- * K-Taping for Sports Injuries

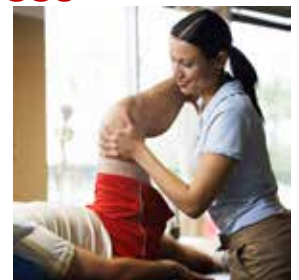
Venkata. P.GL (Pubby), PT,

DPT, MSc.PT (Sports), ISDNPM, CRPT, CMT, EMT, K-tape Specialist.,

Gait Scan Analysis and Orthotic Assessment Trained,

Concussion Management Trained &

Advanced Vestibular Rehabilitation Specialist.





BURMAN
UNIVERSITY

"The Burman University School of Business developed my business acumen and empowered me to enter the workforce ready to make a difference." BREEANN BURGHARDT

\$2,000 scholarship is available for new students enrolling in their first year at Burman University in the School of Business. *CONDITIONS APPLY

For more information about The School of Business visit burmanu.ca/requestinfo

PROGRAMS OFFERED

BBA Accounting
Human Resources
International Business
Management

BA Business Administration (3 Yr)

Apply at BURMANU.CA/APPLY





FACILITY HOURS

Sun	8:00 am – 10:00 pm
Mon–Thu	5:00 am – 10:00 pm
Fri	
Apr. – Sept:	5:00 am – 7:00 pm
Oct. – Mar:	5:00 am – 3:00 pm
Sat	
Oct. – Mar:	8:00 pm – 11:00 pm
Apr. – Sept:	Closed

POOL HOURS (STARTING APR. 30)

Sun	6:00 pm – 8:00 pm
Mon–Thu	5:30 am – 8:00 am 12:00 pm – 1:00 pm 6:30 pm – 8:00 pm
Fri	5:30 am – 8:00 am 12:00 pm – 1:00 pm
Sat	Closed

PHYSICAL EDUCATION CENTRE &

GWEN BADER FITNESS CENTRE

6415 University Dr.
Lacombe, AB
Phone: 403.782.2822
Fax: 866.874.1936
olgasadovoy@burmanu.ca
www.burmanu.ca/pecentre



REGISTRATION INFORMATION

www.burmanu.ca/pecentre/gymnastics - Jr. Acro classes
www.burmanu.ca/pecentre/lessons - Swim classes
www.burmanu.ca/pecentre/recreation - all other classes

FOR MORE INFORMATION PLEASE PHONE **403-782-2822**
OR E-MAIL olgasadovoy@burmanu.ca

SWIM FOR LIFE LESSONS FOR KIDS

APR. 30 - JUN. 25 (NO CLASS MAY 21)

LEVELS	SUNDAYS	
Preschool 1	3:30-4:00 pm	\$40.00
Preschool 2	4:05-4:35 pm	\$40.00
Preschool 3	4:40-5:10 pm	\$40.00
Preschool 4	4:40-5:10 pm	\$40.00
Preschool 5	4:40-5:10 pm	\$40.00
Swimmer 1	3:30-4:00 pm	\$40.00
Swimmer 2	4:05-4:35 pm	\$40.00
Swimmer 3	4:40-5:10 pm	\$45.00
Swimmer 4	5:15-6:00 pm	\$45.00
Swimmer 5	3:30-4:15 pm	\$45.00
Swimmer 6	3:30-4:15 pm	\$45.00
Rookie Patrol	4:20-5:05 pm	\$45.00
Ranger Patrol	5:10-5:55 pm	\$55.00
Star Patrol	5:10-5:55 pm	\$55.00

BRONZE MEDALLION & CPR LEVEL C & AED

SUNDAYS | Apr. 30 - May 28 (No class May 21)
9:00 am-12:00 pm & 1:00-3:00 pm
\$185.00

NATIONAL LIFEGUARD

MON-THU | June 5-29 (no class June 7, 13)
5:00 - 8:30 pm | \$300.00



SWIM FOR LIFE LESSONS FOR KIDS

SUMMER | WEEKLY SESSIONS

SESSION 1	JULY 3-7
SESSION 2	JULY 10-14
SESSION 3	JULY 17-21
SESSION 4	JULY 24-28
SESSION 5	JULY 31 - AUG. 4

LEVELS	MODAY THROUGH FRDAY	
Preschool 1	1:05-1:45 pm	\$40.00
Preschool 2	1:50-2:30 pm	\$40.00
Preschool 3	2:35-3:15 pm	\$40.00
Preschool 4	2:35-3:15 pm	\$40.00
Preschool 5	2:35-3:15 pm	\$40.00
Swimmer 1	10:05-10:55 am	\$40.00
Swimmer 2	10:05-10:55 am	\$40.00
Swimmer 3	11:00-11:50 am	\$40.00
Swimmer 4	11:00-11:50 am	\$45.00
Swimmer 5	1:05-1:55pm	\$45.00
Swimmer 6	1:05-1:55pm	\$45.00
Rookie Patrol	2:00-2:50 pm	\$45.00
Ranger Patrol	2:55-3:45pm	\$55.00
Star Patrol	2:55-3:45pm	\$55.00
Bronze Star	3:20-4:20 pm	\$80.00

PRIVATE SWIM LESSONS

30 min - \$25.00 | 1hr - \$45.00

BIRTHDAY PARTY PACKAGES

Phone 403-782-2822 to book a party

1 hr Pool & 1 hr Gym \$152.00

1 hr Pool \$120.00

1 hr Gym \$84.00

1 hr Acro Centre \$110.00

Packages can include a games/activity coordinator and an area for serving refreshments.



JR. ACRONAIRES

MONS & WEDS (13 CLASSES)

APR. 24, 26

MAY 1, 15, 17, 29, 31

JUNE 5, 7, 12, 14, 19, 21

PINK | RED | ORANGE @ 4:00-5:00 PM | \$156.00

YELLOW @ 5:15-6:15 PM | \$156.00

GREEN | BLUE @ 5:15-6:45 PM | 234.00

All levels include fitness, balance, tumbling, mini tramp, double mini tramp, trampoline, and rod floor skills. Our goal is for participants to have fun as they learn acrobatic skills and increase their physical fitness.

Ages 5 y.o. & up

FOR LEVELS' DESCRIPTIONS AND REGISTRATION PLEASE VISIT:

www.burmanu.ca/pecentre/gymnastics



LACOMBE PERFORMING ARTS
CENTRE PRESENTS

MUSIC in the park

Every Wednesday 6:30 PM June 7 - August 30
At the Echo Stage, Lacombe Memorial Centre
VISIT LACOMBEPAC.COM FOR MORE INFO

**BECOME A
MEMBER**

FOR ONLY
\$20 A YEAR
you can support the arts

MORE AT LPAC

5227 CALGARY EDMONTON TRAIL
VISIT LACOMBEPAC.COM

WEEKLY SUMMER CAMPS
FOR AGES 6 - 12

RENTAL SPACE

SHUNDA THEATRE
NOWCO HOME HARDWARE
FIRESIDE ROOM
ART ROOM

**CONCERTS, VISUAL ARTS &
LITERARY ARTS PROGRAMMING**

5 REASONS TO *Foster*

- 1 MAKE A POSITIVE DIFFERENCE
- 2 HELP CHILDREN FEEL SAFE AND SECURE
- 3 ENABLE CHILDREN TO ACHIEVE THEIR FULL POTENTIAL
- 4 DEVELOP CHILDREN'S SELF ESTEEM AND SENSE OF PRIDE
- 5 SUPPORT CHILDREN TO FACE THEIR FUTURES WITH CONFIDENCE



TO FIND OUT
MORE CONTACT

JACKI @

403-227-5580





FCSS IS FOR EVERYONE

Lacombe & District FCSS supports all stages of life.



STUDENTS & FAMILIES

- P.A.S.S.
- Tools For School
- Shoes for School
- New Coats for Kids
- Rainbows
- Teen Trips
- Family Special Events



ADULTS

- Community Volunteer Income Tax
- Fill a Fridge
- Community Connections
- Community Dinner
- Compass for Caregivers
- Community Garden Plots



SENIORS

- Meals on Wheels
- Philips Lifeline
- Connex Transportation
- Senior Services
- Home Support
- Seniors Week Events
- Opening Minds Through Art
- P.A.L.S
- Senior Visitor Program



Lacombe & District FCSS 403-782-6637



Celebrate Seniors Week!

June 5-10th, 2023

Lacombe FCSS Afternoon at the movies * Kozy Korner Strawberry Tea *
Lacombe Legion Entertainment * Lacombe Lodge High Tea Garden Party
* Mary C Moore Library Come and Go Coffee *
and so much more!

To learn more call, **Carlene**, at **403-782-6637**

Follow us on Facebook or check out our website: www.lacombefcss.net



Discussion topics will include:
Ambiguous loss

Mental Health as we age

Healthy Boundaries

Scams and Fraud

Others based on participants' needs

Healthy Aging

A Discussion Group for the Older Adult

Informal discussion group for the older adult. Topics include but are not limited to: ambiguous loss, mental health as we age, healthy boundaries and avoiding scams and frauds. Other topics to be discussed will be based on participants' needs.

When: Every Wednesday starting May 3rd, 2023
1:30 to 3:00 p.m. Runs May 3rd – May 31st, 2023.
Minimum 4 participants to run the group.

Where: Lacombe Memorial Center (LMC)

Who: Older adults within the community

Lead by: Registered Nurses with Alberta Health Services, Addiction & Mental Health



To register, or for more information call:

Lacombe Community
Addiction and Mental Health

403-782-3413

FREE EMERGENCY PREPAREDNESS WORKSHOP For Older adults (55+)



May 25, 2023

1:00 - 3:30 pm at the Lacombe Memorial
Centre (Servus Credit Union room).
Refreshments will be provided.



To Register Call Lacombe FCSS 403-782-6637



Seniors Services

Connex: reliable, mobility friendly, low-cost transportation services

Senior Home Visitors: compassionate, thoughtful volunteer home visitors

P.A.L.S: financial assistance for qualifying seniors to help with the cost of registration fees for leisure, educational and sporting activities

Lifeline: dependable, economical, medical alert system that is complementary to active lifestyles

Seniors Services: warmhearted, professional & informed assistance with government documents, and changing lifestyle needs

Home Support: affordable, professional light house cleaning, meal preparation & grocery shopping

Hot & Frozen Meals: nutritious & delicious meals delivered to your home. Just heat & eat at your convenience



Home Support

Home Support is available to eligible seniors needing assistance with light housekeeping in Lacombe, Clive and Lacombe County.

Services Offered

- Laundry
- Kitchen
- Bathrooms
- Living Rooms
- Dusting
- Mopping
- Vacuuming
- Meal prep assistance

Trained & screened Home Support Providers

- ✓ Weekly
- ✓ Bi-weekly,
- ✓ Monthly

Contact Lacombe & District FCSS:
(403) 782-6637

Supported by:

Accessible transportation for Seniors & those needing assistance due to age, mobility or illness.

Monday to Friday
8:00 am to 4:30 pm

Lacombe Connex

403-782-6637

\$10.00 round trip/\$5.00 one way in Lacombe

Ticket Pass \$80.00
(20 one way or 10 return)

Red Deer Medical Trips \$50.00 (3 hours Max)



TOOLS for SCHOOLS



Lacomb & District
Family and Community
Support Services

APPLY IN JULY!

403-782-6637 lacombefcss.net

Through the support of community donors and corporate sponsors, we continue to meet the needs of children and youth in our community. Supplies will be given to students in Lacombe FCSS area.

TO APPLY OR DONATE
CONTACT LACOMBE FCSS



Thank you to the kind donations that make this program possible!



School Start
Back to School with School Start




LUNCHBOX THEATRE & FAMILY EXPO

AGES 0-12 YEARS

July 14th, 2023

Show #1: 10:30am-11:15am
Show #2: 1:00pm-1:45pm + Q&A
\$2 / ticket

Vendors Wanted! Family Expo event is 10:00am-3:00pm



Senior Home Visitors



If you, or someone you love, would benefit from a trained Volunteer visitor to improve community connection, provide companionship, and improve quality of life call Carlene at

403-782-6637 to learn more.





Youth of Lacombe TEEN TRIPS! COMING THIS SUMMER!

Stay Tuned by following our socials!!
or lacombefcss.net







Clive Family & Community Support Services

Programs and Events

Clive FCSS Programs:

- Home Safe and Babysitting courses
- Individual & Family Resources
- Seniors Benefits & Resources
- Volunteer Appreciation
- Seniors Week (June 5-11)
- Community Connections Program
- Tools for School (apply in July)

- Preschool Pals Every Wednesday mornings for preschool ages 0 - 6, Hosted by the FRN at the Baptist Church
- May 19 - Babysitters Course. Ages 12+, from 9 am - 3 pm. Cost \$25

Follow us on Facebook and Instagram for current events and information.



Office hours:

Tuesdays 10:00 am - 2:00 pm
 Wednesdays 9:00 am - 2:00 pm
 Thursdays 12:00 pm - 4:00 pm

CONTACT US AT:

FCSS Outreach Coordinator
 Email: clivefcss@lacombefcss.net
 Phone: (403) 784-2020
 Address: 5107 50th Street, Clive, AB



Village Office: 403-784-3366

Website: www.clive.ca

“The Village of Opportunity”

Our dynamic community is located just north of Hwy 12, about 15 minutes east of Lacombe. With 775 residents, it is affordable and an ideal spot for an enjoyable country living

BULL-A-RAMA May 26

Held at the Clive Arena—sponsored by Clive Athletic & Agriculture Society—

Clive FunFest - June 17th

Many exciting activities throughout the weekend including parade, penny carnival, market, fireworks and much more.

Clive Library

Lego Wednesday 3:15pm to 4:15pm
 Book Club
 Take home Crafts
 Watch Clive Public Library Facebook page for exciting workshops



Clive Baptist Church -

Community Events & Youth Programs
 Website— www.clivebaptist.ca

Clive Adventist Community Centre

Birding Club—Darlene @ 403-784-2283
 Clive Food Bank: Wednesday 5-7pm
 Contact Ngaere @ 780-906-4890

Morton Historical Multi-Culture

Center. For upcoming events contact Laurie @ 403-789-6695

Village Wide Garage Sale

September 9th

Clive FCSS Office Hours:

Tues 10am-2pm
 Wed 9am-2pm
 Thurs: 12:pm to 4pm
 Contact: Kathy @ 403-784-2020
 Email: clivefcss@lacombefcss.net

Dementia Friendly Programs



Symptoms of Alzheimer's disease or dementia may include movement and coordination challenges, memory loss, confusion, communication difficulties and changes in mood and behavior.

Funded by the
Government of Canada's
New Horizons for Seniors Program



Minds in Motion

A social program that combines physical activity and cognitive games designed for people living with dementia to enjoy with their care partner, friend or family member.

Tuesdays at 2:00-4:00pm at the Kozy Korner.

Register with Kristi @ 403-782-1408.



The Memory Café

A safe and social gathering for those impacted by dementia to get out socially, share memories and experiences, and make new friendships.

Drop in for this class on the last Friday of every month at 2:00-3:00pm at Mary C. Moore Library.

Contact Carlene at 403-782-6637 for more information.



EcoVision/Friends of the Garden and Goats

In partnership with the Lacombe Composite High School EcoVision program, participants will work alongside a volunteer and high school students to assist with gardening and animal care.

Wednesdays in the afternoon or evening. Register by calling Kristi at 403-782-1408.



Music for Dementia

In partnership with the Lacombe Performing Arts Center, this program is designed for people living with dementia to enjoy music! This program consists of learning new musical instruments, singing and cognitive musical games.

Wednesdays 10:30-11:30am at the Lacombe Performing Arts Center. Register by calling 403-588-4386.



Caregiver Support Group

This support group provides a safe space for caregivers to share their experiences and exchange practical information on coping with the disease and caring for loved ones.

Drop in on the 1st and 3rd Friday of every month at 10:00 -11:30am at the Mary C. Moore Library.

Contact Shelby at 403-342-0448 for more information.

Scan QR code for Monthly Calendar of Events





Lacombe offers a wide range of recreation options from drop-in fitness opportunities to registered programs and plenty of events and festivals all year long. We also offer a variety of facilities, indoor and outdoor, for rent at very reasonable rates to suit any type of function or activity you're thinking of hosting. From swimming and skating to arts activities, we've got more than you think!

Root for your Community...

5 **Reasons to VOLUNTEER**

- **Develop skills and confidence, gain work experience**
- **Meet new people, network, and help others**
- **Influence your community, find purpose and fulfillment**
- **Connect your family with the community**
- **Enrich your mental and physical wellbeing**

For more information visit:
www.lacombe/volunteer

Contact Info:

**City of Lacombe
 Recreation Services**
 e-mail: recreation@lacombe.ca
 City Hall
 5432 56 Ave., Lacombe AB T4L 1E9
 403-782-6666

Gary Moe Auto Group Sportsplex
 5429 53 Street, Lacombe AB T4L 1H8

Kinsmen Aquatic Centre Office
 403-782-1278

Daily Pool Schedule - HOTLINE
 403-782-1277

Arena Schedule Information
 403-782-6556

Art & Culture Programs
 403-782-1258

Facility Bookings/Rec Hockey
 403-782-1284

Lacombe Memorial Centre
 5214 50 Ave, Lacombe AB, T4L 0B6
 403-782-6668

Campground Reservations
 403-782-2268

Campground Off-Season Information
 403-782-1284

Community Contact list is online:
lacombe.ca/communitycontactlist

CREATION STATION

**LACOMBE
DAYS**
July 14 - 16
www.lacombedays.ca



Saturday, July 15
11:00 am - 4:00 pm

Held in South Centennial Hall
LMC, 5214 50th Avenue

This annual summer event offers families the chance to enjoy creating art.

Come make some fun crafts. There is something for everyone. Think your little one could be the next Picasso? Stop by and let them explore the possibilities!



LACOMBE TRAILS

“keeping the trails alive”



BNTS

BILL NIELSEN TRAIL SOCIETY

CELEBRATING NATIONAL TRAIL DAY

Bring your family and friends for a
FREE BBQ and draw.

Grab a map to explore beautiful natural
trails in and around Lacombe

WHEN: Saturday June 3rd, 2023

TIME: 11:30 am to 1:00 pm

WHERE: Lacombe Junior High Parking
Lot (East side of Cranna Lake)

Lacombe Spray Park Open June 1 to September 4

Drop by on hot summer days to cool off with your family for **FREE!**

Open seven days a week from 10:00 a.m. - 8:00 p.m.

Located at the Gary Moe Auto Group Sportsplex,
visit lacombe.ca for more information



Facility Rental Assistance Grant

Are you a community/volunteer organization or business with limited budget capacity looking to utilize City facilities?

Did you know that there is grant money available to assist your group or business?

For more information on the application process guidelines, please call (403)782-1251 or visit www.lacombe.ca/grants.

Have a **NEW** idea to build community?



COMMUNITY BUILDER PARTNERSHIP

Connect · Collaborate · Create

Intake dates available in the Spring & Fall

\$100,000 in available funds

For more information call 403-782-1251 or visit lacombe.ca/grants



Lacombe Kinsmen Aquatic Centre Pool Schedule

April 1- June 29, 2023

Register online at cityoflacombe.perfectmind.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim & Parent & Tot 7:00-8:30am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am * Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim & Parent & Tot 7:00-8:30am
Swim Lessons 9:00-11:45am	Schools 9:00-11:00am	Schools 9:00-11:00am	Schools 9:00-11:00am	Schools 9:00-11:00am **Parent & Tot Swim 9:00-10:45am	Homeschool Lessons 9:00-11:00am	Swim Lessons (including Teen & Adult) 9:00am-11:45am
	Parent & Tot Swim 11:00am-1:00pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	
	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	*Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	
Private Pool Rental 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Private Pool Rental 12:00-1:00pm
Public Swim 1:15-5:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm **Parent & Tot Swim 1:00-3:00pm	Schools 1:00-3:00pm	\$3 Public Swim 1:00-3:00pm	Public Swim 1:15-3:15pm
	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Private Pool Rentals 3:30-4:30pm 4:45-5:45pm
Private Pool Rentals 5:15-7:15pm	Public Swim 6:30-8:00pm AquaZumba 8:00-9:00pm	\$3 Public Swim 6:30-8:00pm Water Fitness 8:00-9:00pm	Public Swim 6:30-8:00pm Water Fitness 8:00-9:00pm	Public Swim 6:30-8:00pm Water Fitness 8:00-9:00pm	WIBIT Public Swim 6:30-9:30pm	WIBIT Public Swim 6:00-8:00pm

For more info call 403.782.1278 Schedule Hotline 403.782.1277
www.lacombe.ca/pool

One lane is available Monday - Thursday from 6:30 pm - 9:00 pm

*Aqua Zumba every other Thursday

Parent & Tot Swims may be canceled due to school rentals

Please call for schedule updates, or check our website lacombe.ca/pool





Lacombe Kinsmen Aquatic Centre

Pool Schedule June 30 - September 1, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim/Parent & Tot 7:00-8:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim/Parent & Tot 7:00-8:30am
	Water Fitness 7:45-8:45am	Water Fitness 7:45-8:45am	Water Fitness 7:45-8:45am	Water Fitness 7:45-8:45am	Water Fitness 7:45-8:45am	
Public Swim 9:00-11:00am	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Private Lessons 8:45am-11:00am
Pool Rentals 11:15am-12:15pm 12:30-1:30pm	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Pool Rentals 11:15am-12:15pm 12:30-1:30pm
	Lane Swim Parent/Tot Swim 12:00-1:00pm	Lane Swim Parent/Tot Swim 12:00-1:00pm	Lane Swim Parent/Tot Swim 12:00-1:00pm	Lane Swim Parent/Tot Swim 12:00-1:00pm	Lane Swim Parent/Tot Swim 12:00-1:00pm	
Public Swim 1:45-5:45pm	Public Swim 1:00-3:00pm	Public Swim 1:00-3:00pm	Public Swim 1:00-3:00pm	Public Swim 1:00-3:00pm	Public Swim 1:00-3:00pm	Public Swim 1:45-3:45pm
	**Swim Lessons 3:30-6:15 pm	**Swim Lessons 3:30-6:15 pm	**Swim Lessons 3:30-6:15 pm	**Swim Lessons 3:30-6:15 pm	**Swim Lessons 3:30-6:15 pm	Private Pool Rental 4:00-5:00pm
Try-It Programming <small>(see website for details)</small> 6:00-8:00pm	Public Swim 6:30-8:00pm	\$3 Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	WIBIT Public Swim 6:30-9:30pm	WIBIT Public Swim 5:30-7:30pm
	AquaZumba & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm		

****July Swim Lessons are scheduled 4:30 pm - 6:15 pm**

One lane is available Monday -Thursday from 6:30 pm - 8:00 pm

Spray Park Hours: 10:00 am - 8:00 pm including weekends and statutory holidays.

The pool will be shutdown for scheduled maintenance from TBD

Purchase memberships & register for courses online at: cityoflacombe.perfectmind.com

LACOMBE - KINSMEN AQUATIC CENTRE

Pool Schedule: 403- 782-1277

www.lacombe.ca



\$3 Swim!
Any Wolf Creek School District Closures and Every Friday
1:00 pm - 3:00 pm

2for1 Pool Admission

Coupon Expires: December 31, 2023. Coupon is not for resale and has no cash value. Coupon must be presented in person.

Discount applies to the admission of lesser value.

Coupon is valid for all Public Swim times.

One coupon per customer.

LACOMBE KINSMEN AQUATIC CENTRE

LESSONS & RECERTIFICATIONS

For swimming lesson schedules visit www.lacombe.ca/pool
Register for lessons online at lacombe.ca/perfectmind



LESSONS

- Lifesaving Swim for Life Pre-school (4 months - 5 years)
- Lifesaving Swim for Life Swimmer (6- 14 years)
- Teens Stroke Improvement (13 - 18 years)
- Lifesaving Swim for Life Adults (18 - 99 years)

RECERTIFICATIONS

- First Aid Instructor Recert, May 11, 9:00-5:00 pm
- Standard First Aid Recert, May 14, 9:00-5:00 pm OR June 30, 9:00-5:00 pm
- National Lifeguard Recert, May 19, 1:00-5:00 pm OR June 28, 4:00-8:00 pm

Let's keep the pool clean! Please remember to wash with soap and water prior to entering the pool.

ADVANCED COURSES

- Bronze Medallion/CPR-C, April 16-May 14 (Sundays), 9:00-1:00 pm
- Bronze Cross/SFA, April 25-May 18 (Tues/Thurs), 4:00-9:00 pm
- National Lifeguard, May 28-June 25 (Sundays), 9:00-5:00 pm
- Bronze Star - July 3-7, 4:30-6:30 pm
- Bronze Medallion/CPR-C-July 3-7, 9:00-1:00 pm OR Aug 8-11, 9:00-2:00 pm
- Bronze Cross/First Aid - July 10-14, 9:00-5:00 pm OR Aug 14-18, 9:00-5:00 pm
- Lifesaving Swim Instructor - July 17-20, 9:00-5:00 pm Aug 21-24, 9:00-5:00 pm
- National Lifeguard - July 24-28, 9:00-5:00 pm OR Aug 21-25, 9:00-5:00 pm
- Lifesaving Instructor - July 31-Aug 3, 9:00-5:00 pm
- First Aid Instructor - July 4 & 5, 9:00-5:00 pm
- National Lifeguard Instructor - July 6 & 7, 9:00-5:00 pm

For more information about our pool schedule and programs, please call the Kinsmen Aquatic Centre at 403-782-1278 Schedule Hotline: 403-782-1277



lacombe memorialcentre

The perfect place for people to connect.

Book your upcoming event now!

- Christmas parties
- training/workshops
- anniversaries
- celebrations of life
- meetings
- weddings
- conferences
- exercise classes

Visit www.lacombe.ca/lmc or call 403-782-6668

Home of Anna Maria's Cafe, Mary C. Moore Public Library,
Lacombe & District Family and Community Support Services
and Lacombe & District Chamber of Commerce.

communities choosewell

eat right, be active

Lacombe is a ChooseWell community and encourages residents to make healthy choices in diet and lifestyle. Living well is easier than you think and it doesn't require an extreme life altering commitment. Even the smallest lifestyle changes like choosing the low-sodium option or taking the stairs can add up to big health benefits.

Sidewalk Games. The City of Lacombe is continuing to work on our commitment of being a ChooseWell community. We are encouraging spontaneous play and have painted some free sidewalk games at various parks and trails around the city. These stencils give children the opportunity to use their creativity!



Get outside & have some fun! For more information visit www.lacombe.ca/sidewalkgames

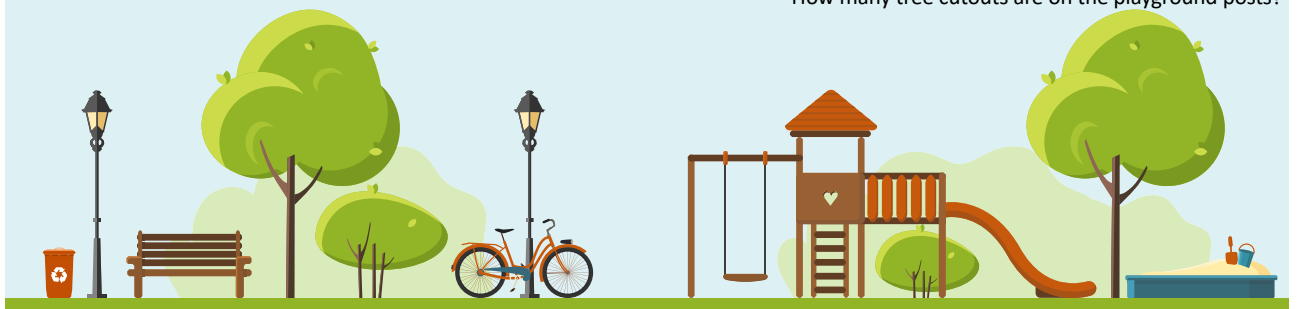
Playground Passport



Time to visit some playgrounds, have some fun and answer the questions. Email your completed Playground Passport to recreation@lacombe.ca and be entered to win a prize!

- 1 **Hearthstone Park** - Hearthstone Dr.
What is the park's theme? _____
- 2 **Westview Park** - Westview Dr.
How many swings are there? _____
- 3 **The Lakes Park** - Cranma Lake Dr.
What shape is the swing? _____
- 4 **Rotary Centennial Park** - Elana Cr.
What colour is the climbing wall? _____
- 5 **Kew Gardens Park** - Pickwick Lane
Name the six animals at the top of the tall slide.

- 6 **Lincoln Park** - Lincoln Park Blv.
What shapes are at the top of the structure? _____
- 7 **Heritage Park** - Heritage Way
What is mounted to the fence surrounding the park? _____
- 8 **Mackenzie Park** - Mackenzie Cr.
How many tree cutouts are on the playground posts? _____





Discover *arts* and *culture*

Step back in time with a walking tour of Lacombe's historic downtown murals.

We have literally 'painted the town' with images showcasing our rich and colourful history. Experience them all through a self-guided walking tour through the alleyways of our picturesque Edwardian-era downtown. Pick up a brochure at the Flatiron Museum and Interpretive Centre, or at City Hall.

For more information visit www.lacombe.ca/culture or call 403-782-1258.

ARTS.CULTURE.EVERYDAY.
www.lacombe.ca/culture

Walking Tour Map of the Murals



- = sculptures & art installations
- ★ Single murals
- ★ Back Alley Clusters of murals



Annual Community-wide

TRASH TO TREASURE WEEK



NEED MORE INFO? CALL 403.782.1261
www.lacombe.ca/trashtotreasure



GETTING INVOLVED:

- From **May 12 to May 22** place unwanted but reusable items at the front of your property by the curb.
- Mark your items with the word **'FREE'** using masking tape or stickers.

TAKING TREASURES:

- Take only the items marked **'FREE'**.
- Respect others property; please don't drive or park on lawns.
- Do not discard items on another resident's lawn.

**COMMUNITY SPRING CLEANUP
CAMPAIGN TO FOLLOW FROM
MAY 23- JUNE 1, 2023.**

Stop and have some fun at these unique parks in Lacombe

Lacombe Skatepark - located at Michener Park, 50th Ave and 63rd St.

Basketball and Hockey Nets - located on the corner of Woodland Drive and C & E Trail. The "Pump Station" is now a "Play Station".

MEGlobal Athletic Park - located between City Hall and the Lacombe Composite High School, 5644 56th Ave. Open for public use from March to November when available. View bookings online at www.lacombeathleticpark.ca. Check out the basketball nets and pickleball lines on the basketball court. Please bring your own equipment.

Vesta Energy Fish & Fetch Park - located at 53 & 37 Street in the Industrial Park.

Len Thompson Fish Pond - located at the north end of Len Thompson Drive- includes a picnic area and accessible dock.



June 12
10am-4pm
at: LMC

Volunteer Management Foundations WORKSHOP

COST \$60
includes
lunch

This course will provide tangible tools to help you develop your managerial skills and to build a sustainable volunteer program.

In this 1-day workshop, you will learn the volunteer management cycle, including:

- Planning
- Recruit & Selection
- Training & Orientation
- Recognition & Retention



Register by contacting CLLLA at 403-782-7955 or office@cilla.com



June 13
10am-3pm
at: LMC

Policies and Procedures WORKSHOP

COST \$60
includes
lunch

In this 1-day workshop, you will discover how to:

- Define policies and procedures
- Define board policy vs. management policy
- Create a policy checklist
- Introduce new policies and procedures to volunteers
- Monitor and evaluate the progress



Register by contacting CLLLA at 403-782-7955 or office@cilla.com



www.lacombe.ca

Watch the Lacombe Moves videos on our social media channels.

The City of Lacombe is home to various pieces of outdoor exercise equipment and Certified Strength and Conditioning Coach Crystal Watson is here to help guide our community. Be sure to head out and safely try these moves out for yourself. Visit lacombe.ca/lacombemoves

Lacombe NeighbourShare



Want some fresh produce but don't have a garden? Have too much produce?

Lacombe NeighbourShare connects people who have too much produce with people who want it.

- Share your over-abundance of lettuce, apples, zucchini, rhubarb, raspberries, seeds, etc
- Inquire about any produce you are hoping for someone to share with you

Find us on facebook at:

Lacombe NeighbourShare



Echo Food Rescue

Rescue Food. Building our community.

About Echo Food Rescue

We are passionate about keep edible food out of the landfills and redistributing it in our community!

Last year Echo Food Rescue saved approximately tens of thousands of pounds of food and redirected it back to the people of Lacombe and surrounding areas!

Location

5404 56 Ave, Lacombe, AB T4L 1M1

Hours

Thursday 11:00 am - 12:30 pm. Watch our facebook page for additional popups.



Contact:
Christina Sturgeon
(403) 598-6287
christina@echolacombe.ca





LET'S BUILD COMMUNITY

- Turn off your TV
- Leave your house
- Plant flowers
- Smile at strangers
- Plan a block party
- Pick up litter
- Really listen
- Be cheerful
- Give lots of hugs
- Learn from others
- Greet people
- Give someone a compliment
- Start a tradition
- Visit your library
- Play together
- Share your knowledge
- Shop local
- Make something beautiful
- Resolve conflicts
- Volunteer



Building Community Series: Hosting a Block Party

The City of Lacombe encourages residents to host Summer Block Parties. A neighbourhood Block Party is an opportunity for neighbours to get together, meet each other, have fun and work together on a common activity. Getting together with neighbours for a warm evening of fun and food is not only enjoyable but also enables a renewed attachment among the people in your area.

This FREE workshop will provide resources, tips and tricks, and support for those interested in hosting a Block Party this summer. There will be a draw for three \$100 gift cards to help get your party started!

Supper is included with your free registration by May 5, 2023.



Date: May 11, 2023
Time: 5:15-7:45pm
Location: Lacombe County Room at the Lacombe Memorial Centre
Register at lacombe.ca/blockparty
Questions? Contact Sheri @403-782-1251

**APRIL 25 -
JUNE 25
2023**



GARY MOE AUTO GROUP SPORTSPLEX DROP-IN FITNESS

Check-in at the Information Desk to receive a wristband and borrow equipment.

Rates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
\$2 Drop-in OR 10 Use Pass	Arena #2						
		Indoor Walking 8:30 am- 1:30 pm	Indoor Walking 8:30 am- 1:30 pm	Indoor Walking 8:30 am- 1:30 pm	Indoor Walking 8:30 am- 1:30 pm	Indoor Walking 8:30 am- 1:30 pm	Indoor Walking 8:30 am- 1:30 pm
Contact Info: Sheri 403-782-1251 smithell@lacombe.ca	Floor Hockey 1:00-5:15 pm	*Floor Hockey 4:00-5:45 pm *begins May 2	Floor Hockey 4:00-7:00 pm Floor Hockey 14 + 7:00-8:00pm	Floor Hockey 4:00-5:30 pm	*Floor Hockey 4:00-6:45 pm * begins May 4	Floor Hockey 4:00-7:00 pm Floor Hockey 14 + 7:00-8:00 pm	Floor Hockey 14+ 6:00-8:00 pm
Facilities Closed:	Curling Complex						
Arena #2 May 23 (4-8 pm) May 25 (4-8 pm) June 13 (4-8 pm)	Pickleball & Badminton 1:00-5:00 pm	Pickleball & Badminton 1:00 pm- 8:00 pm	Pickleball & Badminton 1:00 pm- 8:00 pm	Pickleball & Badminton 1:00 pm- 8:00 pm	Pickleball & Badminton 1:00 pm- 8:00 pm	Pickleball & Badminton 1:00 pm-8:00 pm	Pickleball & Badminton 8:30 am- 3:00 & 6:00-8:15 pm
Curling Complex June 3-5							

Drop-In Program User Guide

- There is no structured program, use space at own risk.
- Children under 8 require direct supervision of a person 15+ years of age.
- Wristbands must be worn at all times.
- Water only. No food or gum.
- Clean indoor shoes must be worn. No bare feet
- Staff reserve the right to limit the number of users and/or equipment.
- Participants are encouraged to bring their own equipment
- Equipment will be available at the counter for drop-in activities. Borrowed equipment will be signed out with valuables held at the front desk until equipment is signed back in.
- Pickleball and Badminton courts can be changed depending on participant needs.

AARFP Symposium 2023

Expand Your Career Opportunities!



July 17-18, 2023
BUILDING MAINTENANCE LEVEL 1

July 17-18, 2023
PARKS & SPORT FIELDS LEVEL 1

July 17-18, 2023
POOL OPERATOR LEVEL 1

July 17-19, 2023
LEADERSHIP SKILLS

July 19-20, 2023
BUILDING MAINTENANCE LEVEL 2

July 19-20, 2023
PARKS & SPORT FIELDS LEVEL 2

July 19-22, 2023
POOL OPERATOR LEVEL 2

July 20, 2023
LIFECYCLE & RISK MANAGEMENT

July 21, 2023
CUSTODIAL CARE

July 21, 2023
POLICIES & PROCEDURE MANUAL

July 17-20, 2023
**RED DEER POLYTECHNIC (RDP):
SUPERVISORY SKILLS
FOR MANAGERS**

*Required course for the RDP/RFP
Recreation Facility Management
Certificate*

Learn more at: www.aarfp.com



Fine Art Instruction for All Levels - beginners encouraged age16+.

What is an Art Guild:

a place where artists can meet, grow through education, share their work, receive gentle critique, overcome hurdles, find support and life long friendships.

Membership in the Lacombe Art Guild:

offers discounts on our classes, the opportunity to showcase your work at local venues, online and the annual Encore Art Show.

Testimonial;

Joining the Lacombe Art Guild has been a life saver for me! I was a basement artist but in a rut. I was looking for an opportunity to be more creative and meet more art-minded people like myself. Because of the Guild I've been able to try many mediums and participate in a variety of classes that I would not have done on my own. I worked mostly in oil, but have branched out into acrylic, pastel, watercolor, mixed media and coloured pencil. The added bonus are the amazing people I've connected with. They feel like my art family now! I would recommend to anyone with an interest in learning a new art medium, finding your lost motivation or making art friends to sign up for a class! Thanks so much Lacombe Art Guild! - Joyce Gauthier

Facebook: [lacombeartguild](https://www.facebook.com/lacombeartguild)

Instagram: [lacombe_art_guild](https://www.instagram.com/lacombe_art_guild).

Website: www.lacombeartguild.ca

Email: lacombealbertainartguild@gmail.com

Contact: Leanne Simpson (evenings) 403-877-5505



Rent our facility for meetings, birthday parties or company functions!

DONATE TO THE PARK



5644 56 Ave Lacombe, Alberta

[403-597-3290](tel:403-597-3290)



Our multi-sport rubberized field, basketball and pickleball courts are open to the public, from sun-up to sun-down, 8 months of the year. The Fieldhouse is an able-body facility with 4 change rooms, 4 meeting rooms, washrooms and a concession. Check out our webpage for more info and events happening at the Park. <https://www.lacombeathleticpark.ca/scheduling>



The Bill Nielsen Family and Friends invite you to the 8th Annual BTR4T. This is our major fundraiser for the future Track & Field Project at the MEGlobal Park. We will be recognizing Truth & Reconciliation Day with a Flag raising ceremony. Solo registrants will receive a bib, timing chip, t-shirt and a refreshment from the Blindman Brewery. All racers and volunteers will enjoy a post race meal. For more information and to register as a racer or volunteer:

www.lacombeathleticpark.ca



SEPTEMBER 30, 2023

Distance	<u>Earlybird</u>	After Aug 4	No Shirt After Sept 9
10 Miler	\$55	65	65
10K	\$45	55	55
5k	\$40	50	50
2k	\$35	25	25
2k Family (No Shirt)	\$20	20	20
Just Shirt	\$20	20	NA



***No Race Day Entries
*ONLY 400 Spots**

RUN SPONSORS



Check us out on Facebook: [MEGlobalAthleticParkLacombe](https://www.facebook.com/MEGlobalAthleticParkLacombe) or Instagram: [@lapa_meg](https://www.instagram.com/lapa_meg)



Parkview Adventist Academy is a grades 10-12 Christian high school in Lacombe, AB. We are committed to fostering a positive learning environment and creating a safe and caring culture for all of our students. PAA is a school founded on a love for God and community. People from all walks of life are welcome to attend!

\$1,000 SCHOLARSHIP FOR ALL NEW GRADE 10 STUDENTS.

\$650 SCHOLARSHIP FOR ALL STUDENTS WITH 80% OR HIGHER AVERAGE.

REGISTER TODAY!

www.paa.ca | office@paa.ca | 587-815-8800
5102 College Ave. Lacombe, AB

OPEN HOUSE

**MAY 5, 2023
9:00AM-12:00PM**

ALL ARE INVITED

PAA OPEN HOUSE IS A GREAT OPPORTUNITY FOR PROSPECTIVE STUDENTS AND FAMILIES TO DISCOVER THE ACADEMIC, ATHLETIC, AND SPIRITUAL COMMUNITY AT PAA. COME AND SEE!

PARENT INFORMATION MEETING TO FOLLOW AFTER LUNCH.

B Under 30?
Looking for work?

Introducing...
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experience

build
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complete
training

get
connected

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money

*Connecting young adults to
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Are you between the ages of 18 & 30 and
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www.bredin.ca

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surrounding areas



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(P) 403.782.1408
(F) 403.782.5431

www.medimap.ca

**Office hours vary when busy, please
check our website
Or call the office to confirm availability**

Clinic Hours:

Monday-Thursday

8:30am doors open

9- 12pm/1pm to 7pm

(Fridays 9-12/1-4pm)

To ensure the most efficient attention your medical
needs, please try to see your family doctor first.



Campus Alberta Central

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RED DEER POLYTECHNIC PROGRAMS

Online Delivery with Local Support

- Administrative Professional Certificate
- Business Certificate
- Business Administration Diploma
- Human Resources Management Graduate Certificate
- Early Learning & Child Care Certificate
- Early Learning & Child Care Diploma
- Educational Assistant Certificate
- Pre-Health Sciences Certificate
- University Transfer Courses

Extended Education Online Programs

- Certificate in Cybersecurity
- Certificate in Digital Marketing
- Certificate in Leadership for Women in Business
- Medical Office Assistant Certificate
- Unit Clerk and Dental Office Specialty Certifications (with successful completion of the Medical Office Assistant program)
- Accounting Technician Certificate
- Activity Coordinator Certificate (Alberta Seniors & Community Housing Association)
- Site Manager Certificate (Alberta Seniors & Community Housing Association)
- Management Skills for Supervisors Certificate
- Management Skills for Commercial Kitchens Certificate

OLDS COLLEGE PROGRAMS

Online Delivery with Local Support

- Veterinary Medical Receptionist
- Agribusiness Finance
- Beef Production Certificate
- Introduction to Brewing Certificate
- Pre-Apprenticeship Exam Training

COMMUNITY PROGRAMS

Check the website for start dates and locations

- Practical Nurse Diploma
- Health Care Aide Certificate

IN PARTNERSHIP



Red Deer Polytechnic
Division of Extended Education

Professional Development Guide



- New career opportunities
- Professional growth and skill development
- Flexible learning options including online learning



Red Deer
Polytechnic

rdpolytech.ca/ExtendedEducation





**Physiotherapy (PT) • Occupational
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Pathology (SLP) • Kinesiology**

General Physio | Neuro-Rehab | Play-Based
Children's Services | Driving Assessments

**Everyone is welcome, please call us or book
online for an assessment!**



Hwy 2A Lacombe

legacyrehab.ca

825-640-8326

admin@legacyrehab.ca

Checkout our summer bike camps

Ages 4-7 | \$220 | Lead by PT, OT and
Kinesiologist

JULY 3RD-6TH | 9:00AM-11:30AM

JULY 10TH-13TH | 9:00AM-11:30AM

For more information, checkout our website
or call us to book

***Check your benefit plans as they may be
utilized for payment.**



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TANYA@TOUCHESOFSAFETY.COM

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- CLEAN UP & DISPOSAL

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Disease & pest consulting
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Facebook: Prairie Pruning & Landscapes

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**Open May 22 to
Oct 15, 2023**
Tuesday-Sunday & long
weekend Mondays
8AM-6PM



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39502 Rg Rd 260

info@ellisbirdfarm.ca
www.ellisbirdfarm.ca

15 minutes East of Lacombe and Blackfalds

MEGlobal



SEMINAR

Estate Planning: Creating certainty for your future

seminar in Lacombe on
June 10, 2023 1pm

Join us for an in-depth presentation on estate planning, where we'll share expert insights and strategies on developing a well-structured plan to help create certainty for your future. Topics include the importance of a properly drafted will, the critical components of an estate plan, strategies for various family situations and how to plan ahead, minimizing the impact of tax on your financial legacy.



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CHRIS THIESSEN, CFP®, CLU
Executive Financial Consultant
Investors Group Financial Services Inc.

403.391.2676 | Chris.Thiessen@igpwm.ca

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Sims Associates Insurance Services

Insurance Made Easy

The Sims Team works together to provide peace of mind for our clients by exceeding all our clients' expectations with extensive product knowledge, competitive pricing and exemplary customer service.

Our Lacombe office provides small town service and attention to detail, with a focus on Personal and Agricultural insurance. We also serve a large portion of the Oil & Gas sector in the area.

Office: [403-782-3049](tel:403-782-3049)

Fax: 403-782-2530

Email: info@simsinsurance.ca

Address: 5020 51 St
Lacombe AB, T4L 1W2





Wolf Creek
Lacombe

SUMMER CAMP

CAMP



- Monday - Friday, 8:30AM - 5:30PM
- Daily Registration - \$40/day
(Club & Government Subsidy Available)
- Ages 5-12 (Kindergarten must be completed)
- Themed Weeks & Field Trips

July 3rd, 2023 - Aug. 25th, 2023

lacombe.bgcwolfcreek.com

Registration:



Made with PosterMyWall.com



École
James S. McCormick
School
Inspiring to Achieve and Believe

Kindergarten &
Pre-Kindergarten
Registration
2023/2024



Students from anywhere in Lacombe & Blackfalds are welcome to register in our French Immersion Kindergarten Programs. Our French Immersion Program is designed for English speaking families. Busing will be provided from Blackfalds! Check out Lacombe's half day childcare programs if you'd like your child to ride the bus both directions!

Register Online!
Open Now

www.ejasm.wolfcreek.ab.ca
5424-50 Street
Lacombe AB
T4L 1G2
403.782.3096

Kindergarten
ENGLISH PROGRAM:
Mon/Wed Full Days
Tues/Thurs Full Days

FRENCH IMMERSION PROGRAM:
Mon - Thurs Mornings
Tues/Thurs Full Days

- Bright Futures**
- Play Academy**
- ENGLISH PROGRAM:**
- Mon/Wed Mornings
- Tues/Thurs Mornings
- Tues/Thurs Afternoons

visit our website for more information on our programs



FAMILY DAY HOMES SERVING

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- Blackfalds • Lacombe • Ponoka



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- Manage your own income
- Provincial provider support funding available

Want quality and reliable childcare?

Want an approved and accredited day home provider?

Call us about finding a family day home!

GOVERNMENT SUBSIDIES MAY BE AVAILABLE FOR FAMILIES THAT QUALIFY.

GOVERNMENT AFFORDABILITY GRANT

Blackfalds/Lacombe: 403-885-2755
5016 Waghorn Street, Blackfalds

Sylvan Lake: 403-887-3332
#110 5028 50A Street, Sylvan Lake

VBS DAY CAMP



Blasting off
July 3-7, 2023
9:00 am—12:00 pm

Lacombe Pentecostal Church presents STELLAR VBS Day Camp
For ages Kindergarten—Gr. 6

Cost: \$20 per child
For more information call 403-782-2966 or lacombepentecostal.ca

REGISTRATION OPENS May 15th, 2023



Lacombe Pentecostal

July 24-28, 2023

6:15 - 7:45 pm

Ages Kindergarten-Gr 6



Held at JS
McCormick &
Jr. High fields

Cost: \$20 per student

Registration opens May 15th, 2023

Deadline to register: July 1st

For more information call 403.782.2966 or
lacombepentecostal.ca



We believe your child's early years are precious building blocks for the unique and amazing individuals they are becoming.

Our days are filled with PLAY, music, life skills, introductory educational concepts, and art exploration.

Watch our Facebook for upcoming announcements for weekly Summer Camps!



Limited Spots Available!
Please use QR code for a direct link to registration

For more information, please go to:
<http://www.lovingtolearnpreschool.ca>
email Kasha at: lovingtolearn@betterbeginningslacombe.ca
or call (403) 588 1885



Providing Inclusive & High Quality Care
Serving Lacombe & Surrounding Areas

Our vision of our programs at Better Beginnings is to create a sense of partnership and community for our families and to enhance the abilities and skills of the whole child, including social, physical, intellectual, communication, and emotional development. We hope that all of our families can feel a true sense of support from our team throughout their entire journey with our center.

Please follow our facebook for updates on our FREE parent classes, new products in the retail store & availability for Saturday/Date Night Drop-Ins

Current Spots Available
(pending age and schedule) Please use QR code for a direct link to a registration/waitlist link.



For more information, please call
Cassie - Program Director (403) 350 1333
or email: general@betterbeginningslacombe.ca

Wolf Creek offers a wide range of ministries and weekly programs

- Youth Group (Grades 6 - 12)
- Momtime
- Small Groups
- Men's Ministries
- Women's Ministries
- Sunday School (Pre-school - Grade 6)
- Hands & Feet Sundays
- Prayer Ministry

Momtime Garage Sale
May 4 -6
Household items, kids toys,
clothes, books, games & furniture

wolf creek
COMMUNITY CHURCH

4110 Wolf Creek Dr. at Highway 12
Sundays @ 10am
Pastor Rick Abma
403-782-4563
wolfcreekchurch.ca

"Wolf Creek Community Church exists to reach out and enfold people for Jesus, together becoming devoted disciples of Him"

Dancer's Edge Summer Camps

www.dancersedgestudio.ca

LACOMBE CAMPS

LIMITED SPOTS AVAILABLE!!!



EDGE CIRQUE CAMP

This camp will have your child flying high with excitement each day. Learn aerial hammocks, Aerial Silks, Lyra, trapeze, Yoga, art, acro and a few dance styles as well. Lunch each day will be included as well as a snack. This camp is like no other camp and gets students cirque experience. Ages 7yrs+. July 17-20; 9am-3pm

PERFORMING ARTS CAMP

This camp will have singing, dancing, acting - a true triple threat. Also, some fun art and yoga classes to fill the day. End the camp with a mini musical production. This camp includes daily lunch and snack. Ages 7yrs+. July 24-27; 12:30-4:30pm

FINE ARTS CAMP

This is a fun learning experience for the preschool age children. Each day is filled with Dance, Drama, Art, Music, Fitness and Yoga. Students will be encouraged to use their imagination and problem solving skills. This camp helps get students ready for Kindergarten. Ages 3-7yrs. August 7-10; 9am-12pm

PRINCE & PRINCESS PALOOZA

This is everything prince & princess and magical kingdom. Your child will learn all styles of dance, gymnastics and even some aerial. They will enjoy crafts, creative play and snacks as well. No experience needed for this fun filled royal camp. Ages 3-7yrs. July 24-27; 9am-12pm

SIGN-UP TODAY!

LITTLE MONKIES CAMP

This camp will have your child flying high with excitement each day. Learn aerial hammocks, Aerial Silks, Lyra, trapeeze, Yoga, art, acro and a few dance styles as well. Little Monkeys is a circus based program that is filled with fun and exciting activities. Snack included each day. Ages 4-8yrs. August 7-10; 12:30-4:30pm

STUFFIE RESCUE CAMP

This unique camp will have students "adopting" a stuffed animal the first day of camp and going on adventures with their new pet each day. Learning to dance, yoga, gymnastics and other activities with their pet, they will have so many stories to tell each day. Snack included and special stuffie pet. Ages 3-7yrs. August 14-17; 9am-12pm



EDGE COMPETITIVE INTENSIVE CAMP

This camp is for the competitive dancer who is looking to reach new levels. A variety of professional teachers from the industry will lead specialized classes. Classes in all the popular styles of dance and even some speciality classes. A camp to leave them feeling inspired and motivated for their upcoming dance season. Lunch and snacks included each day. August 21-24. 9-3pm Ages 7-10yrs
10-4pm Ages 11-13yrs



YOUR LIBRARY IS MORE THAN JUST BOOKS!



We offer a variety of programs that build community connections, provide learning opportunities, and are fun for all ages!



PROGRAMS FOR KIDS & FAMILIES:

- WEEKLY CLASSES FOR AGES 0-13
- DROP-IN LEGO BUILDING
- POETRY TEA TIME FOR HOMESCHOOLERS
- MULTIGENERATIONAL LITERACY & CRAFT PROGRAMS

ADULT PROGRAMS:

- BOOK CLUBS
- FILM SERIES
- SENIOR'S OUTREACH
- CRAFT NIGHTS
- GENEALOGY CLUB
- KNIT & STITCH CLUB
- EDUCATIONAL & ART CLASSES
- MONTHLY SPICE SUBSCRIPTION
- AUTHOR READINGS

MEMBERSHIP INFO

A library membership provides access to our large collection of books, audiobooks, movies, magazines, and eBooks. Items can also be ordered in from any library in Alberta! Annual membership fees are \$20/household. We also provide public computer services, printing, exam invigilation & meeting room rentals



COMING IN 2023: TEEN PROGRAMS, MAKESPACE PROGRAMS, MOVIE SCREENINGS & MORE!



☎ 403-782-3433
 🌐 lacombelibrary.com
 @ mcmpl@prl.ab.ca
 📍 5214 50th Ave Lacombe

Check out our social media for current information on our program offerings

📱 /MC MPL
 📷 [mary_c_moore_public_library](https://www.instagram.com/mary_c_moore_public_library)

THE EDGE BOOTCAMP & FITNESS



LACOMBE A BOOTCAMP JUST FOR WOMEN LIKE YOU

- ★ UNLIMITED BOOTCAMP CLASSES
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JOIN NOW



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Blackfalds, AB.
403-885-9849



Graphic Designed by Freepik

Lacombe
PH



Blackfalds

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www.blackfaldsphysio.com



VILLAGE OF ALIX



Alix Lake & Recreation Area

Village Office Information

Phone: 403-747-2495

Fax: 403-747-3663

Email: info@villageofalix.ca

Website:

www.villageofalix.ca

Like & Follow on Facebook:
Village of Alix

Where Business & Home Come
Together

Alix is a thriving community filled with endless opportunities with a flourishing downtown core, the commercial and residential development is on the rise! Check local MLS listings for properties for sale. For Business Climate inquires check the 'Doing Business' tab on our website or contact the Village Office with any questions.



Come experience the natural surroundings Alix has to offer. Small in size but big in outdoor adventure and scenery. The Village is nestled beside a beautiful Lake that is surrounded with a 6.3-kilometer Nature Trail full of wildlife and breath taking scenery.

The Alix Lake is home to 11 powered campsites, sanded beach, playground, boat launch, day use area, and Centennial Park. Spend the day on the water enjoying water sports, kayaking, swimming and more!

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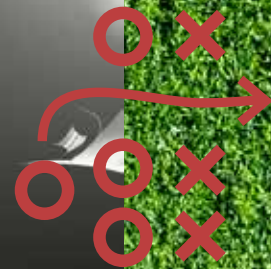
Finance it



Lacombe Minor Football

Registrations now open for
Bantam (13-15 years old)
PeeWee (11-12 years old)
Atom (8-10 years old)

Flag Football starts May 7th
Spring Camps start May 16th
(Bantam) and June 19th
(PeeWee)
Tackle season starts Mid
August



More

Information
and Registration

at www.lacombeminorfootball.com

Save the date

August 19th

First Annual LMF
Fundraising Golf
Tournament

For more info, to participate or sponsor,
please email kguenette37@gmail.com
or go to www.lacombeminorfootball.com

MDC Summer Programs

At Maddox Dance Company

Drop-In-July

Drop in workshops for intermediate + advanced dancers every Tuesday and Thursday evening in July. Full schedule at www.maddoxdance.com

The Fast Track

Training for your dancer that will support them in their journey of joining a competitive team next season. Junior and Intermediate levels available.

Dance Camps/Intensives

Flower Power | Ages 3-5 | July 31 - Aug 3 | 9 - 12 pm

Shell We Dance | Ages 3-5 | July 17 - July 20 | 9 am - 12 pm

It's Glow Time | Ages 6-10 | July 31 - August 3 | 1pm - 3 pm

Summer Intensive | Ages 11+ | August 14 - 16 | Inter 9:30 am - 2 pm
Advanced 1 pm - 5:30 pm

For more information and to register go to www.maddoxdance.com





Your Martial Arts Club in Lacombe!



Programs:

- Adults Brazilian Jiu-Jitsu
- Kids Brazilian Jiu-Jitsu
- Adults Kickboxing

Enhance your:

- Self-defense
- Fitness
- Discipline
- Self-confidence
- Friendships

Phone: 1 587 377 6113

Email: centralalbertabjj@gmail.com

Location: Bay 5-6, 5372 Len Thompson Dr. Lacombe, Alberta



The Music You Grew Up With!



LACOMBE ONLINE



HOMEFIELD



gull lake centre
gulllakecentre.ca



SUMMER IS CALLING!

Gull Lake Centre offers summer camps for families and kids of all ages, just 15 minutes outside of Lacombe.

CAMP	AGE	DATE	PRICE +gst
Scamper	5-7	June 23-25	\$ 180
Jr Teens	12-14	July 9-14	\$ 480
Inter 1	9-12	July 16-21	\$ 480
Family Camp	All Ages	July 23-28	See Web
Inter 2	9-12	July 30-Aug 4	\$ 480
Jr Boys & Girls	7-10	Aug 8-11	\$ 370
Tween	10-13	Aug 13-18	\$ 480
Sr Teens	14-18	Aug 20-26	\$ 510



Sign up now at gulllakecentre.ca/camps